

Fasting

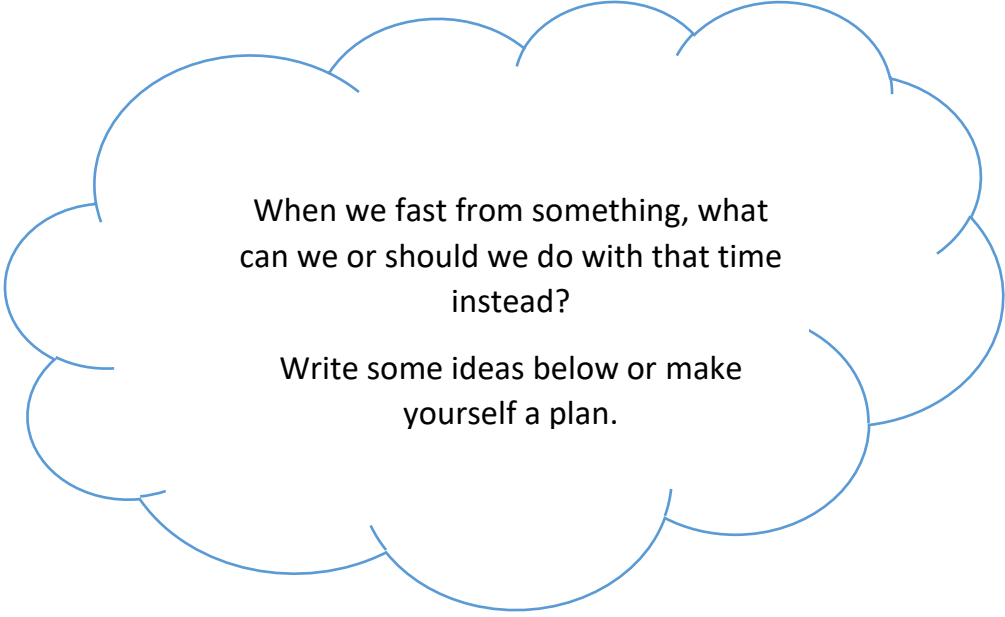
What do you spend too much time doing?

Read Matthew 6:16-18

What is fasting?

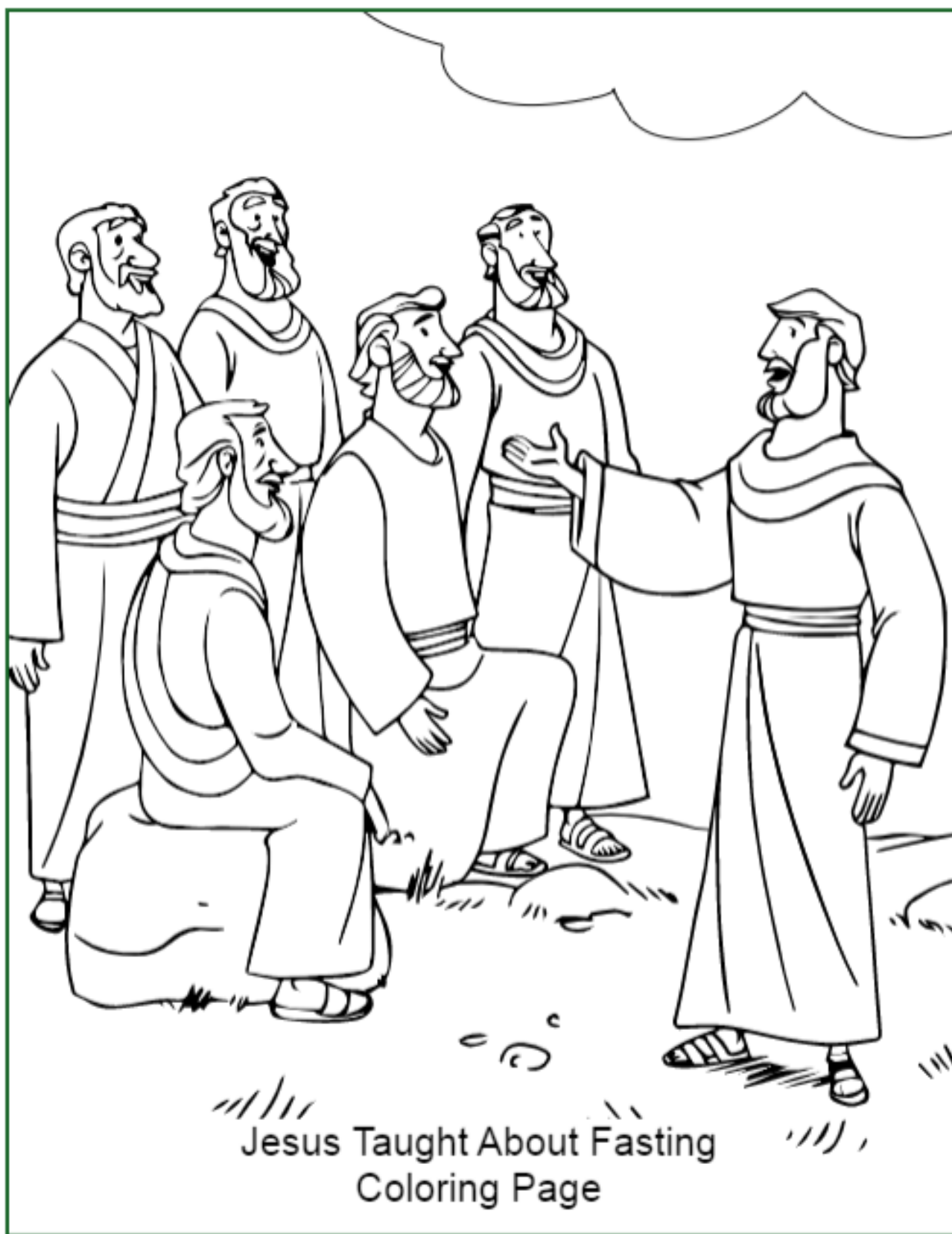
Why is it important for us to fast?

What things can we fast?



When we fast from something, what
can we or should we do with that time
instead?

Write some ideas below or make
yourself a plan.



Jesus Taught About Fasting
Coloring Page